



# ASIAN-STYLE SICHUAN PORK

with Garlic Rice



Make Asian-style Sichuan pork!



Garlic



Basmati Rice



Pork Loin Steaks



Carrot



Green Beans



Asian Greens



Sesame Seeds



Sichuan Garlic Paste

Hands-on: 25 mins  
Ready in: 30 mins

When this dish was brought to our test kitchen table, it disappeared in record time! With a delicious combination of green beans, Asian greens, toasted sesame seeds and pork with mild Sichuan garlic paste, it's sure to be a hit at your table too.

*Each week, we search the country to source the best ingredients, with a focus on quality and variety. This week's snow peas were in short supply, so we've replaced them with green beans. Don't worry, the recipe will be just as delicious!*

**Pantry Staples:** Olive Oil, Butter, Soy Sauce



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



### 1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter**. Add **1/2** the **garlic** and cook until fragrant, **1 minute**. Add the **water** and **basmati rice**, stir, bring to the boil then cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



### 2 ADD FLAVOUR TO THE PORK

While the rice is cooking, slice the **pork loin steaks** into 1cm strips. Combine the **soy sauce**, the **remaining garlic**, a **splash of water** and the **pork** strips in a medium bowl. Mix well to combine.



### 3 PREP THE VEGGIES

Thinly slice the **carrot** (unpeeled) into half-moons. Trim and halve the **green beans**. Roughly chop the **Asian greens**.



### 4 COOK THE VEGGIES

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and cook until toasted, **3-4 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **carrot** and **green beans** and cook until softened, **4-5 minutes**. Add the **Asian greens** and a **splash of water** and cook until tender, **1 minute**. Season to taste with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.



### 5 COOK THE PORK

Return the frying pan to a high heat with a **drizzle of olive oil**. Add **1/3** of the **pork** and cook, tossing, until cooked through, **2-3 minutes**. Transfer to a medium bowl and repeat with the **remaining pork**.

**TIP:** Cooking the pork in batches over a high heat keeps it tender. Return the **pork** to the pan and remove from the heat. Add the **Sichuan garlic paste** and toss to coat.



### 6 SERVE UP

Divide the garlic rice, veggies and Sichuan pork between plates. Garnish the adults' portions with the toasted sesame seeds.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	4 cloves
butter*	40g
water*	3 cups
basmati rice	2 packets
pork loin steaks	2 packets
soy sauce*	4 tsp
carrot	1
green beans	1 bag (200g)
Asian greens	2 bunches
sesame seeds	1 packet
Sichuan garlic paste	1 packet (80g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2640kJ (631Cal)	666kJ (159Cal)
Protein (g)	45.0g	11.3g
Fat, total (g)	16.2g	4.1g
- saturated (g)	6.8g	1.7g
Carbohydrate (g)	72.0g	18.2g
- sugars (g)	8.9g	2.3g
Sodium (g)	626mg	158mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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2019 | WK47

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